



# FINISHERS FOR JUNE



## 2 - 8 JUN POWER SURGE

### 3 RFT:

- 5x Push Up (Down Slow Up Quick)
- 5x Clean & Press
- 5x Plyo Push Up (Jump Off Ground)
- 15-12-9x Push Jerk/Press
- 15-12-9x Squat Jump

**Time Cap: 5 mins**

## 9 - 15 JUN CORE REACTOR

### EMOM for 6 mins:

- Odd Minutes:  
10x Sit-up (add 2 reps each round: 10>12>14>)  
+ 10x Hip Bridge
- Even Minutes:  
20x Mountain Climber (L+R=1)  
+ 10x Plank Shoulder Tap (L+R=2)

## 16 - 22 JUN IRON PLATE

### 4 RFT:

- 12x Goblet Squats (Plate)
- 10x Single-arm Push Press (5x each)
- 8x Sumo Deadlift High Pull
- 6x Plate Swing
- 4x Overhead Alternate Reverse Lunge 1-1
- 2x Lateral Burpee Over Plate

**Time Cap: 7 mins**

## 23 - 29 JUN ARMORY

### 3 RFT:

- 21x Shoulder Raise (7x Front + 7x Lateral + 7x Rear)
- 21x Bicep Reps (7x Top Half + 7x Bottom Half + 7x Full)
- 21x Triceps Exercises  
Round 1: Skull Crusher  
Round 2: Kickbacks  
Round 3: Overhead Extension

**Time Cap: 6 mins**

## 30 JUN - 6 JUL PRESS PLAY

### E0.5MOM for 4mins:

- Odd Rounds:  
10x Seesaw Plate Press (L+R=1)
- Even Rounds:  
Alternate each even round:  
30 seconds Wall Sit Hold/  
30 seconds Hollow Holds

> Book your slots via the **Fitness First mobile app** now.